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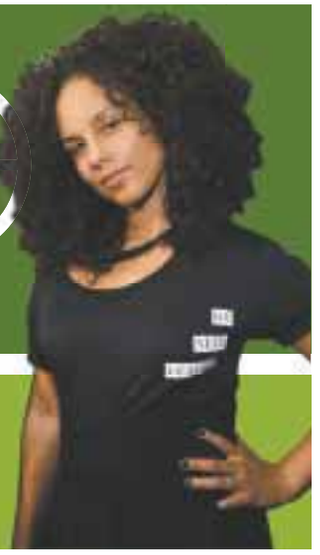

IS ALICIA TRULY MAKEUP-FREE?

Adam Levine calls her out. 19

Shakespeare season kicks off today. 23

Mets, Yankees reliant on homegrown talent. 30

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PAYING FOR PRIVACY

MIT researchers have developed a system that could give you online protection, but it's not going to be a free download. 4

ISTOCK

UK PRIME MINISTER TRIGGERS BREXIT

1 Prime Minister Theresa May formally began Britain's divorce from the European Union on Wednesday, declaring there was no turning back and ushering in a tortuous exit process that will test the bloc's cohesion and pitch her country into the unknown. In one of the most significant steps by a British leader since World War II, May notified EU Council President Donald Tusk in a hand-delivered

letter that Britain would quit the club it joined in 1973. "The United Kingdom is leaving the European Union," May told parliament nine months after Britain shocked investors and world leaders by unexpectedly voting to quit the bloc. "This is an historic moment from which there can be no turning back." REUTERS

IVANKA BECOMES UNPAID WHITE HOUSE EMPLOYEE

2 Ivanka Trump said she would work in the White House in an unpaid, informal advisory role to the president as she sought to allay ethics concerns about working there. "I have heard the concerns some have with my advising the president in my personal capacity while voluntarily complying with all ethics rules and I will instead serve as an unpaid employee in the White House office, subject to all of the same rules as other federal employees," she said in a statement. Questions about possible conflicts of interest arose after it was announced on March 20 that Trump, 35, would become an informal adviser to her father, President Donald Trump, with an office in the West Wing. She has been an increasingly influential adviser to the president and her husband, Jared Kushner, is a powerful Trump adviser. REUTERS

CAR TRIES TO MOW DOWN OFFICERS NEAR CAPITOL

3 A woman was arrested near the U.S. Capitol in Washington after police said she drove erratically, crashed into another vehicle and tried to run over officers on Wednesday. No one was hurt during the morning commotion, during which police fired shots, and the incident did not appear related to terrorism, Capitol Police spokeswoman Eva Malecki told reporters. "Although pre-

liminary, this incident appears criminal in nature with no nexus to terrorism," Malecki said at a news conference. REUTERS

5 THINGS YOU NEED TO KNOW

SENATE INTELLIGENCE NEWS CONFERENCE ON RUSSIA

4 Senate Intelligence Chairman Richard Burr, R-NC, right, and Senate Intelligence Vice Chair Mark Warner, D-Va., hold a news conference in the Capitol on Wednesday, to provide an update on the committee's investigation of Russian interference in the 2016 election. GETTY IMAGES

150 MIGRANTS FEARED DEAD AFTER BOAT SINKS

5 A rubber boat packed with migrants sank in the Mediterranean and the presumed sole survivor — a 16-year-old Gambian boy — told rescuers he believed all other passengers drowned, the International Migration Organization said. A humanitarian vessel, the Iuventa, found the boy hanging onto a fuel tank in the sea on Tuesday. He was transferred first to an Italian Coast Guard ship, then to a Spanish frigate and brought to the Sicilian island of Lampedusa early on Wednesday. "He said that everyone else died. But there's some hope that the Italian Coast Guard picked up others," said IOM spokesman Flavio Di Giacomo in Rome, after speaking to staff in Lampedusa. It should become clear on Thursday whether others survived, as a Coast Guard vessel disembarks migrants in eastern Sicily that day, he said. REUTERS

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ALEXIS SACHDEV, WEB REPORTER

It costs around $136,000 — a day — to keep Melania and Barron safe in NYC. But what's the potential cost of growing up in the White House and in the national spotlight for a child? A psychologist weighs in at **metro.us/news.**

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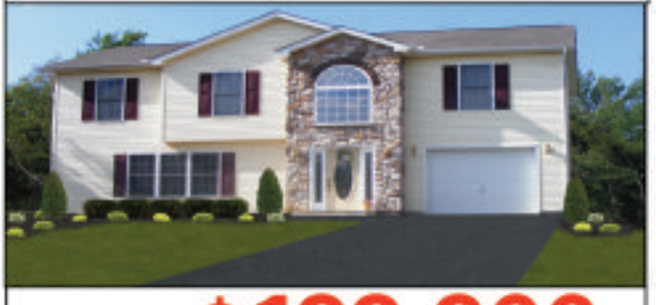

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PEXELS

You want real web privacy? Get ready to pay for it

An MIT-led research project has developed a system that would better protect a web user's anonymity, but would likely come with a fee.

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As government chisels away at internet privacy protections, researchers at the Massachusetts Institute of Technology and Stanford University have developed a system they say will give you more anonymity in cyberspace.

The catch: You'll probably have to pay for it.

To start with, it's important to remember that every single thing you type online gets stored as data, no matter what kind of web protection software you own.

Sites like Google, Yelp, Kayak and others translate each request into as a query, which gets stored in a database center.

With that in mind, the MIT-led research group has developed Splinter, a system that cuts the cord on that data flow without having to mask or delete the actual information.

Splinter allows websites to encrypt a user's internet searches so they're never saved. The data is still out there, but is split among multiple database centers. That scrambles the search information a person has entered, preventing the websites from gathering information about the person who made the request.

"Data is floating around everywhere, so if you have anything on the internet, anyone can learn about it at some point. That's scary," said Frank Wang, an MIT graduate student who helped develop Splinter. "Your internet service provider is learning about you, so [we said] 'How can we leak the least amount of information?'"

Now, about that catch: Instead of relying on internet service providers to look out for your privacy, Splinter puts the power of protection into the hands of web services. The consumer cannot install the software. It's a system each company would have to incorporate into their own site.

Because consumers are demanding more privacy in their web browsing, they may be willing to pay for the privilege. And companies may be willing to satisfy that demand.

With Splinter, services could charge a nominal fee for queries, like maybe $5 a month. Wang said using Splinter costs a web service less than 2 cents per search.

"Web services could say, 'Hey, I charge you to [search for a flight], but I won't release any of that information or use your data," Wang said.

David O'Brien, a senior researcher at Harvard's Berkman Center for Internet & Society, said the concept could open a window.

"It's been discussed for years now and could be one alternative path," he said. The problem, though, is that payment for privacy "hasn't been supported by demand and maybe won't ever be."

So what can you do, for free, to protect your privacy?

The best way to protect yourself is to practice abstinence, virtually, said David O'Brien of Harvard's Berkman Center for Internet & Society .

"Unfortunately, the simplest answer is don't use online services," O'Brien said. "For most people, that doesn't really fly. Short of that, a lot of services you can use obscure your identity online."

Aside from that, O'Brien and MIT researcher Frank Wang suggested using Tor, a system that links your internet connection to multiple servers, placed all around the country or even the world. This means that when you go to a website like Google, it looks, to that website, "as if you're coming from multiple different countries with each query you send."

Another service, DuckDuckGo, is a search engine that promises not to track your queries.

Your computer or smart device's "Incognito" mode can be used in conjunction with these programs to provide a bit more privacy. It protects against targeted advertisements, but doesn't prevent companies from obtaining important data about the searches themselves.

In the end, O'Brien said, true privacy may be a dream. "It's hard to be truly anonymous on the internet. It might even be impossible."

> *"Data is floating around everywhere, so if you have anything on the internet, anyone can learn about it at some point. That's scary."*
>
> Frank Wang

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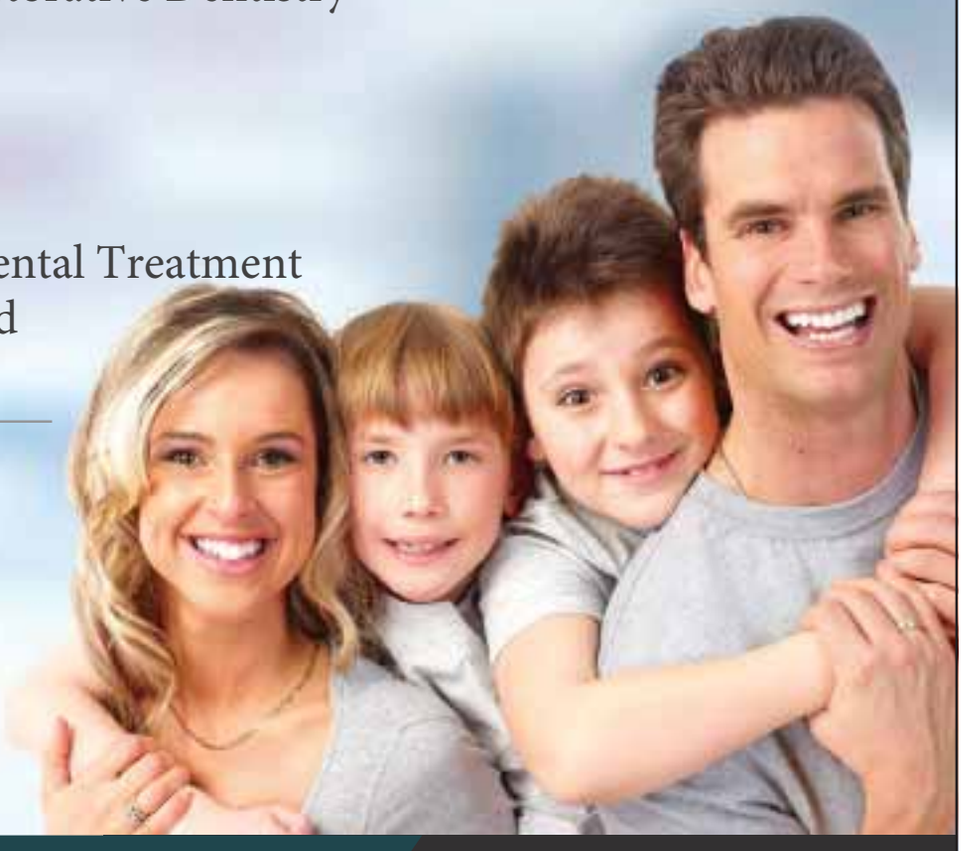

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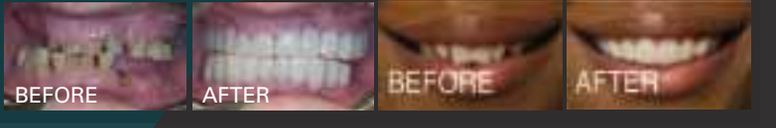

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"Foreign Postcards" ALL IMAGES PROVIDED BY JAMILA HOOKER

PUBLIC NOTICE

COMBINED EARLY NOTICE OF A PROPOSED ACTIVITY IN A 100-YEAR FLOODPLAIN AND WETLAND, NOTICE OF COMPLETION OF DRAFT ENVIRONMENTAL IMPACT STATEMENT, NOTICE OF AVAILABILITY OF DRAFT ENVIRONMENTAL IMPACT STATEMENT, and ANNOUNCEMENT OF PUBLIC HEARING

Coastal and Social Resiliency Initiatives for Tottenville Shoreline
Staten Island, New York

This provides notice that the State of New York, as the "Responsible Entity," as that term is defined by 24 CFR 58.2(a)(7)(i), has completed and made available for public review and comment a Draft Environmental Impact Statement (DEIS) that evaluates alternatives for increasing coastal and social resiliency along the Tottenville shoreline on the South Shore of Staten Island and help to avoid or minimize adverse impacts to the quality of the human environment. The State of New York is the Grantee of Community Development Disaster Recovery (CDBG-DR) funds appropriated by the Disaster Relief Appropriations Act, 2013 (Pub. L. 113-2, approved January 29, 2013) related to disaster relief, long-term recover, restoration of infrastructure and housing, and economic revitalization in the most impacts and distressed areas resulting from a major disaster declared pursuant to the Robert T. Stafford Disaster Relief and Emergency Assistance Act of 1974 (Stafford Act) in calendar years 2011, 2012, and 2013. The Governor's Office of Storm Recovery (GOSR) implements the State's obligations under the National Environmental Policy Act (NEPA) through duly authorized Certifying Officers. GOSR was formed under the auspices of the New York State Homes and Community Renewal's Housing Trust Fund Corporation (HTFC), a public benefit corporation and subsidiary of the New York State Housing Finance Agency, 99 Washington Avenue, Suite 1224, Albany, New York 12260.

Certifying Officer: Daniel Greene, General Counsel, New York State Governor's Office of Storm Recovery, 25 Beaver Street, 5th Floor, New York, New York 10004.

Pursuant to 24 CFR Section 58.59 and 24 CFR part 55 as well as 6 NYCRR 617.12, this combined Early Notice of a Proposed Activity in a 100-year Floodplain and Wetland, Notice of Availability of DEIS, and Announcement of Public Hearing satisfies three separate procedural requirements for project activities proposed to be undertaken by HCR.

Project Description: GOSR proposes to provide $69,000,000.00 in CDBG-DR funding to implement the Coastal and Social Resiliency Initiatives for Tottenville Shoreline (herein after, the "Proposed Activity") located along the south shore of Staten Island and parallel that shoreline within the Raritan Bay. The Proposed Activity will occur in the City of New York, borough of Staten Island, on public lands owned by the City of New York on-shore and underwater lands owned by the State of New York off-shore. The Proposed Activity consists of two projects, the Rebuilding by Design (RBD) Living Breakwaters Project and Tottenville Shoreline Protection Project. The proposed RBD Living Breakwaters Project includes (1) a system of off-shore engineered breakwaters designed to reduce wave energy at the shoreline, and prevent or reverse shoreline erosion while creating hard/structured marine habitat; (2) an on-shore community Water Hub that would provide a place for access to the waterfront, orientation, education, information on shoreline resiliency, community gathering space and other programming; (3) strategic placement of sand for restoration along the shoreline; and (4) a seasonal floating dock on the breakwater and a boat launch along the shoreline to be used for observations, monitoring, maintenance and stewardship, including specifically, for vessels operated by the Billion Oyster Project and any other anticipated project stewards. The proposed Tottenville Shoreline Protection Project would involve a system of shoreline protection measures working to attenuate waves, limit erosion and mitigate against coastal flooding and would be comprised of (1) an earthen berm; (2) a hybrid dune system; (3) an eco-revetment; (4) a raised edge; and (5) a trail system adjacent to the shoreline.

Persons desiring to be heard on environmental issues will be afforded the opportunity to be heard.

Early Notice of a Proposed Activity in a 100-year Floodplain and Wetland
This is to give notice that the GOSR is conducting an evaluation of the Proposed Activity as required by Executive Order 11988 and Executive Order 11990 in accordance with HUD regulations (24 CFR Part 55). There are three primary purposes for this notice. First, to provide the public an opportunity to express their concerns and share information about the Proposed Activity, including alternative locations outside of the floodplain and wetland. Second, adequate public notice is an important public education tool. The dissemination of information about floodplains and wetlands facilitates and enhances governmental efforts to reduce the risks associated with the occupancy and modification of these special areas. Third, as a matter of fairness, when the government determines it will participate in actions taking place in floodplains or wetlands, it must inform those who may be put at greater or continued risk. Funding for the Proposed Activity will be provided by the HUD CDBG-DR program for storm recovery activities in New York State.

The Proposed Activity is needed to address the vulnerability Staten Island's South Shore to both event-based and gradual coastal erosion and land loss. The Proposed Activity is intended to reduce wave action and coastal erosion along the shoreline in Tottenville, while enhancing ecosystems and shoreline access, use and stewardship.

The Proposed Activity will result in impacts to 4.6 acres of 100-Year Floodplain and 14.7 acres of National Wetland Inventory and/or New York State Department of Environmental Conservation (DEC) -mapped wetlands. These impacts will consist of approximately 4.6 acres of native coastal vegetation planted through the implementation of the Tottenville Shoreline Protection Project, which would enhance and increase habitat availability for coastal wildlife, and approximately 12.7 acres through the implementation of the RBD Living Breakwaters Project, which would create a minimum of 16.8 acres of useable habit below mean high water.

Floodplain maps based on the FEMA Flood Insurance Rate Maps and wetlands maps based on the National Wetland Inventory and DEC data have been prepared and are available for review with additional information at http://www.stormrecovery.ny.gov/environmental-docs.

Completion and Availability of the DEIS
This is to give notice that a DEIS for the Proposed Activity has been completed in accordance with the National Environmental Policy Act of 1969 (NEPA) and the HUD environmental review regulations at 24 CFR Part 58, as well as the New York State Environmental Quality Review Act (SEQRA) pursuant to 6 NYCRR 617. The DEIS for the Proposed Activity is available for public review and comment.

Public Review: Public viewing of the DEIS is available online at http://www.stormrecovery.ny.gov/environmental-docs and is also available in person Monday –Friday, 9:00 AM – 5:00PM at the following locations:

- Governor's Office of Storm Recovery: 25 Beaver Street, 5th Floor, New York, NY 10004. Contact: (844) 969-7474
- New York Public Library, Tottenville Branch: 7430 Amboy Rd, Staten Island, NY 10307. Contact: Information Desk (718) 984-0845

Further information may be requested by writing to the Governor's Office of Storm Recovery: 25 Beaver Street, 5th Floor, New York, NY 10004, emailing NYSCDBG_DR_ER@eyshcr.org or by calling (844) 969-7474. This combined notice is being sent to individuals and groups known to be interested in these activities, local news media, appropriate local, state and federal agencies, the regional office of the U.S. Environmental Protection Agency having jurisdiction, and to the HUD Field Office, and is being published in a newspaper of general circulation in the affected community.

Public Comments: Any individual, group or agency may submit written comments on the Project. The public is hereby advised to specify in their comments which "notice" their comments address. Comments should be submitted via email, in the proper format, on or before May 8, 2017, at NYSCDBG_DR_ER@eyshcr.org. Written comments may also be submitted at the following address, or by mail, in the proper format, to be received on or before May 8, 2017: Governor's Office of Storm Recovery: 25 Beaver Street, 5th Floor, New York, NY 10004. All comments must be received on or before 5pm on May 8, 2017, or they will not be considered. If modifications result from public comment, these will be made prior to proceeding with the expenditure of funds.

Announcement of Public Hearing
GOSR will hold a public hearing from 7:00 pm to 9:00 pm on April 26, 2017. The hearing location is Public School 6, 566 Page Avenue, Staten Island, NY 10307. The purpose of the public hearing is for GOSR to receive comments on the adequacy of the DEIS. GOSR will not respond to any of the comments or take action on the Proposed Activity at the hearing. Comments will be considered as part of the preparation of the Final EIS. The meeting facility is accessible to those with disabilities. Any individual who requires special accommodations, such as a sign language interpreter, accessible seating, documentation in alternative formats, is requested to contact the Governor's Office of Storm Recovery at (844) 969-7474 or by email at LivingBreakwaters@stormrecovery.ny.gov.

Governor's Office of Storm Recovery

Harlem artist's 'Foreign Postcards' divorces Arabic from fear

The interactive project that Jamila Hooker started in 2013 is swelling with support in a new day of discrimination.

AMANDA MIKELBERG
@MetroNewYork
amanda.mikelberg@metro.us

On any given Sunday, Jamila Hooker will be in her Harlem apartment with a magic marker in hand, making black swooping marks on postcards that she will mail to dozens, hundreds, thousands of people across the globe.

All she wants in return is a photo of the recipient holding the postcard on which she scribed their name in a mysterious script: Arabic.

"It's a very simple project, but at the same time it's really impactful," said Hooker, who was born in Lebanon and lives in the El Barrio Artspace PS 109 with her husband and their two little girls (with a baby on the way).

Jamila Hooker

"Foreign Postcards" is Hooker's ongoing artwork and social experiment that she conceived on a creative retreat in 2013. People sign up on her website, and when they email her their photo she adds it to her mosaics of participants demonstrating peace with a language that many people associate with fear, hate and danger.

The exchange is a symbolic pact of brotherhood.

The world was a very different place in 2013, she admitted. The pain of 9/11 had softened and tolerance for Muslims improved, and the alienation between English and Arabic seemed surmountable.

"Foreign Postcards" had nothing to do with Donald Trump or a travel ban from Muslim countries when Hooker conceived of it. But because of a renewed climate of mistrust, the project has taken on crucial importance.

"Right now, there is a certain urgency with this project. I think that a lot of people feel numb and don't know how to help, don't know how to fight.

"If I post a picture of myself raising a fist at a rally, I become the enemy. We have to show ourselves the most peaceful way possible," she said.

Her message is a soft one: You don't have to muster hostility in a protest, raise your voice or even join a group to denounce Donald Trump's policies or hatred of people who speak Arabic.

"When I get messages from non-Muslim people it's, 'I'm so happy to do something.' When I get messages from Muslim people they say, 'Thank you for doing this for our culture and our people.'"

One particularly touching note she received was from a Jewish woman who got a postcard for her 2-year-old daughter.

"The message with her picture was, 'I really don't want my daughter growing up thinking that we're divided. I want her to understand the beauty of other languages and other people and other cultures.'"

Hooker has not only invested her time, but her money, as she never charges for the postcards, but the postage to far-off lands is costly. Since she began, she estimates she's drawn the name-cards for as many as 4,000 people.

"It's getting expensive," she said.

She's hoping to offset costs by selling her related line of T-shirts printed with the words "Human Being" in Arabic for $20.

For more information about Hooker's other work, visit Metro.us.

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PIANO INCLUDED

David Bowie's former New York apartment and piano selling for $6.45M

There's a starman's apartment waiting in the sky. David Bowie's former New York condo is up for grabs and not only does it boast amazing views of Central Park, it comes with the late musician's piano.

Bowie moved out of the three-bedroom apartment at 160 Central Park South in 2002, but the piano has remained a gleaming reminder of its previous tenant ever since.

The home also features two and a half baths, a limestone foyer, a large living room overlooking all of Central Park and a newly renovated pass-through kitchen with granite countertops.

The master bedroom has a separate dressing area, large bathroom with a deep-soaking tub, rain shower and heated floors.

And if all those amenities and sleeping where Bowie once slept and tinkling his Yamaha's ivories isn't enough for you, since the condo is in the Essex House, residents are also able to use the hotel's maid service and room service, you know, for those nights you're too busying looking out at your view to cook.

The home is available via Corcoran Group Real Estate.

NIKKI M. MASCALI

The living room of 160 Central Park South, where David Bowie once lived — and left his Yamaha piano CORCORAN.COM

Food item in carry-on bag sends 3 TSA inspectors to hospital

The type of item was disclosed by officials, who said the inspectors suffered minor eye irritations.

Three Transportation Security Administration agents suffered minor eye injuries at LaGuardia Airport on Wednesday when they were exposed to an irritating food product while inspecting a carry-on bag, officials and local news media said.

Something in the bag triggered an alarm at a checkpoint inside Terminal B, according to media reports. A spokesman from the city's Office of Emergency Management said the food item was later deemed to be non-hazardous.

The spokesman did not provide further details, such as the identity of the passenger carrying the bag or what food product was involved in the incident.

The three agents were transported to a local hospital with minor eye irritation, according to an FDNY spokesman. A hazardous materials team was sent to the terminal after an emergency call at 5:30 a.m., he said.

The incident caused the terminal's Concourse D to be temporarily closed. No flights were delayed.

In an effort to avoid similar situations, the TSA has turned to social media to answer travelers' questions about which foods can be taken on airplanes, often giving light-hearted responses. Among the queries the agency has received have been ones about cooked bacon, fried chicken, butter, pies and bratwurst.

"I tried to be punny with this post, but my puns were the wurst," read one TSA reply on Instagram under a photo of bratwursts in a slow cooker. "The crock pot (without the liquid) and brats are good to go in both carry-on and checked bags."

REUTERS; NIKKI M. MASCALI CONTRIBUTED TO THIS REPORT

TSA. ISTOCK

Former Christie associates get up to two years in prison in 'Bridgegate'

Bridget Kelly

Bill Baroni

ALL PHOTOS GETTY IMAGES

Two former associates of New Jersey Gov. Chris Christie were sentenced to federal prison on Wednesday for their role in the "Bridgegate" lane closure scandal that played a part in torpedoing the Republican's White House ambitions.

Bill Baroni, 45, the former deputy executive director of the Port Authority of New York and New Jersey, will serve two years, while Bridget Kelly, 44, a former deputy of staff for Christie, received a sentence of one and a half years.

The defendants were found guilty in November of plotting to close down access lanes at the heavily used George Washington Bridge in 2013 in an act of political retribution.

Prosecutors said the massive traffic jam they deliberately created in the town of Fort Lee was intended to punish its Democratic mayor for refusing to back Christie's re-election bid, as the governor's aides tried to burnish his bipartisan credentials ahead of his 2016 presidential campaign.

Christie has denied any involvement and was not charged. But the scandal tarnished his national profile and saddled him with record-low approval ratings in his home state.

U.S. District Judge Susan Wigenton rejected pleas from defense lawyers to impose probation rather than prison, citing "an outrageous display of abuse of power."

But she agreed with prosecutors that Kelly bore slightly less responsibility than Baroni, New Jersey's highest-ranking official at the Port Authority.

In arguing for leniency, attorneys for Kelly emphasized her status as a single mother of four, while Baroni's lawyers pointed to his long career of public service. Both defendants told Wigenton they felt remorse.

"I respectfully ask that you allow me the opportunity to reconnect with my children and rebuild our lives," a tearful Kelly said.

REUTERS

"I respectfully ask that you allow me the opportunity to reconnect with my children and rebuild our lives."

Kelly

EXTREME WEATHER

Four dead, about 200,000 without power after Texas, Oklahoma storms

Four people were killed and nearly 200,000 customers were without electric power after overnight storms pounded Texas and Oklahoma, bringing tornadoes, torrential rain and hail to large parts of the states.

Three of those killed were storm chasers trying to track tornadoes in the Texas Panhandle region. They died after their cars slammed into each other near Spur, 66 miles east of Lubbock, on Tuesday night, police said.

In Oklahoma, a truck driver was killed near El Reno in a roll-over crash likely caused by high winds, police said.

There were 15 reports of tornadoes from the storms in Texas, with most of the twisters in the Panhandle and western parts of the state, the National Weather Service said. Hail, some as large as baseballs, pounded Texas, Oklahoma and Kansas overnight causing damage to cars.

The storm system weakened on Wednesday and was forecast to hit the Houston area.

The system took a heavy toll on utilities in North Texas, where provider Oncor said about 150,000 of its customers in the Dallas-Fort Worth area were without power on Wednesday morning. There were also tens of thousands of other customers in Texas and Oklahoma without power, various utilities reported.

The storms did not cause any major delays in flights through Dallas and Houston, two of the nation's busiest air hubs, tracking service flightaware.com reported.

But it did cause a number of school closures in North Texas where schools were without electricity. Elementary schools in Dallas and Tarrant County, home to Fort Worth, were closed. This caused delays for students taking an annual achievement test in the state known as STAAR, or the State of Texas Assessments of Academic Readiness. REUTERS

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Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the ***NY Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NY Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

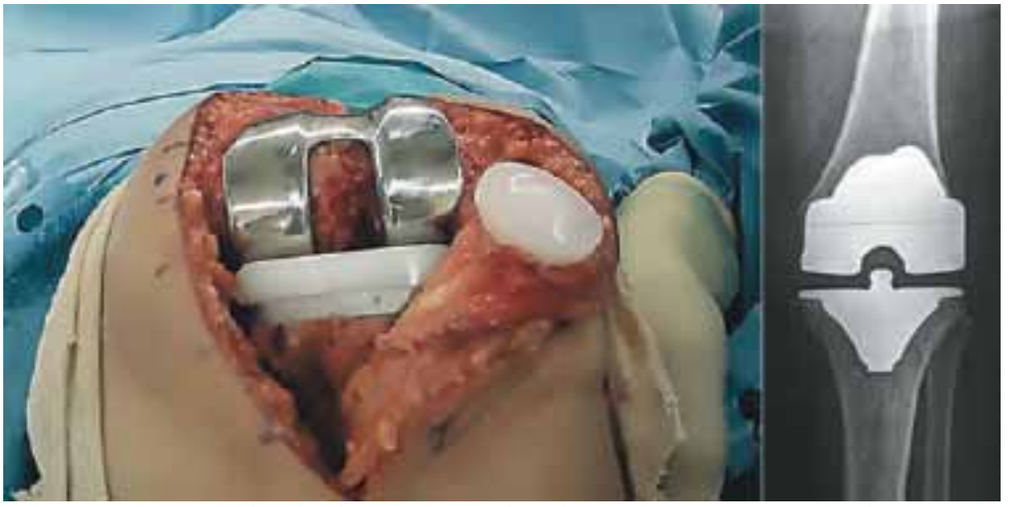
"That depends," said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplecosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NY Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targetin*g during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.)can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.



"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are not wait, get a good evaluation from an expert and make sure precision arthritis targeting is used to make sure you have the best chance for success."

Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Normal Pain-Free Knee Joint

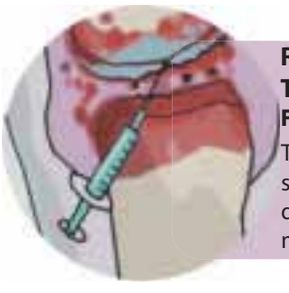
Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.

Knee With Painful Arthritis

Pain -

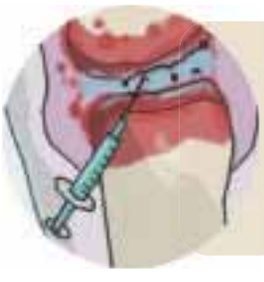
Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs,swelling and a lot of pain.



Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology

Succesful Treatment -

Sucessful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to ***NY Pain MD*** New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers - even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place the Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without technology can miss the joint up to 30% of the time."* noted the Director of Center

NY Pain MD is a state of the art medical facility offering only the best technology.

Advanced Medical Technology Can Make All The Difference: **This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACLTY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. *NY Pain MD* uses this P.A.T. Imaging Technology. with each and every treatment.**

And that's not all :

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can HelpYou?

If you have knee pain, the ***NY Pain MD*** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology.*

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All you have to do is call 800-885-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at ***NY Pain MD*** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

Call: 800 885 KNEE (5633)

Are You Qualified For Knee Arthritis Screening With *NYC Pain MD?*

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give *NY Pain MD* a call and schedule your no obligation knee pain screening

NYC PAIN MD

800-885-KNEE (5633)

Kushner and Anbang end New York City tower talks, other talks emerge

Talks had centered on Anbang providing as much as half of $2.5B in equity for the planned redevelopment of 666 Fifth Avenue in midtown Manhattan, a media report said last week.

Kushner Companies, the real estate firm headed by President Donald Trump's son-in-law until recently, said on Wednesday it ended talks to redevelop its flagship New York office tower with China's Anbang Insurance Group.

The failed talks are the latest twist in a story that initially involved Jared Kushner, who is married to Trump's daughter Ivanka, before he sold his interest in Kushner Cos to a family trust at the beginning of the year.

Three Democratic lawmakers questioned the White House earlier this month over its handling of potential conflicts of interest by Kushner, given his role as a top adviser to Trump.

"Kushner Companies is no longer in discussions with Anbang about 666 Fifth Avenue's potential redevelopment, and our firms have mutually agreed to end talks regarding the property," a spokesman said in a statement.

An Anbang representative declined to comment.

The Kushner spokesman said advanced talks are ongoing with other investors to redevelop the 39-story building, valued for its proximity to St. Patrick's Cathedral and Rockefeller Center.

The building owned by the family of Donald Trump's son-in-law, Jared Kushner, at 666 Fifth Avenue in Manhattan, New York City GETTY IMAGES, PHOTO ILLUSTRATION

Any plan could be hampered by the cost of buying out tenants with long-term leases or Spanish retailer Zara's store on the corner of 52nd Street.

Zara is controlled by Amancio Ortega, the world's fourth-richest man according to Forbes magazine, who has no intention to sell, said a broker who represented the billionaire when one of his companies paid $324 million for the locale in 2011.

"He never sells, he has rarely sold anything in his portfolio and this is particularly valuable for them," said Borja Sierra, a broker for Savills Plc. when asked about Ortega's plans for the prime real estate.

"It's not a negotiating position."
Sierra

"They're super happy with the property," Sierra told Reuters when reached in Barcelona. "It's not a negotiating position."

Some tenants in the office portion of the building have more than 10 years left on their leases, and getting them to leave is unlikely to be cheap.

A case study of Kushner's purchase in 2006 of 666 Fifth Avenue by Columbia University's Center for Urban Real Estate said it cost $47 million to buy out former occupants Brooks Brothers and almost $12 million to buy out Hickey Freeman.

The study said it took four years to buy out the National Basketball Association from its space in the building.

Any deal must also be agreed to by Vornado Realty Trust, which owns the remaining store frontage and 49.5 percent of the building's office portion.

The Kushner plan calls for stripping the building down to its steel columns and adding about 40 floors, the Wall Street Journal reported last week. The project was designed by Zaha Hadid, a Pritzker Prize award winner for architecture, before she died last year.

News of Kushner and Anbang ending talks was first reported by the New York Post. REUTERS

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Who Should Apply?

Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

A percentage of units are set aside for:
- Mobility-disabled applicants (5%)
- Vision- or hearing-disabled applicants (2%)

Preference for a percentage of units goes to:
- Residents of **Brooklyn Community District 16** (50%)
- NYCHA- affiliated applications* (25%)
- Municipal employees (5%)

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	Unit Size	Monthly Rent[1]	Units Available		Household Size[2]		Annual Household Income[3] *Minimum – Maximum*[4]
60% AREA MEDIAN INCOME (AMI) UNITS	1 bedroom	$876	20	→	1 person	🧍	$ 31,989 - $38,100
					2 people	🧍🧍	$ 31,989 - $43,500
	2 bedrooms	$1,058	5	→	2 people	🧍🧍	$ 38,263 - $43,500
					3 people	🧍🧍🧍	$ 38,263 - $48,960
					4 people	🧍🧍🧍🧍	$ 38,263 - $54,360

*NYCHA preference priority as follows:
(i) Current residents of Van Dyke Houses
(ii) Authority public housing residents residing in Brooklyn Community District 16
(iii) Current residents of other Authority public housing developments
(iv) Current Authority Section 8 Voucher Holders

[1] Rent includes gas for cooking.
[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
[3] Household earnings includes salary, hourly wages, tips, social security, child support and other income. Income guidelines subject to change
[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to: www.nyc.gov/housingconnect. To request an application by mail, send a postcard or self-addressed envelope, to: **Affordable & Supportive Family Housing at Van Dyke c/o Shinda Management Corp., 221-10 Jamaica Ave., 3rd Floor, Queens Village, NY 11428.** Only send one application per development. Don't submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **May 24, 2017**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **Affordable & Supportive Family Housing at Van Dyke c/o Shinda Management Corp., 221-10 Jamaica Ave., 3rd Floor, Queens Village, NY 11428.** En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **24 de Mayo 2017.**

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至 **Affordable & Supportive Family Housing at Van Dyke c/o Shinda Management Corp., 221-10 Jamaica Ave., 3rd Floor, Queens Village, NY 11428.**信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 2017 年 5 月 24 日.

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по **Affordable & Supportive Family Housing at Van Dyke c/o Shinda Management Corp. 221-10 Jamaica Ave., 3rd Floor, Queens Village, NY 11428.**На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее 24 май 2017.

한국어

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 **Affordable & Supportive Family Housing at Van Dyke c/o Shinda Management Corp., 221-10 Jamaica Ave., 3rd Floor, Queens Village, NY 11428.**으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오 2017 년 5 월 24 일일까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyien

Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: **Affordable & Supportive Family Housing at Van Dyke c/o Shinda Management Corp., 221-10 Jamaica Ave., 3rd Floor, Queens Village, NY 11428.**Nan dèyè anvlòp la, ekri mo "HAITIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat me 24, 2017.

العربية

تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مظروف يحمل اسمك وعنوانك إلى: **Affordable & Supportive Family Housing at Van Dyke c/o Shinda Management Corp., 221-10 Jamaica Ave., 3rd Floor, Queens Village, NY 11428.** على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد، 24 مايو 2017

Governor Andrew Cuomo • Mayor Bill de Blasio • HPD Commissioner Maria Torres-Springer • HDC President Eric Enderlin • NYCHA Chair & CEO Shola Olatoye

13 New York Thursday, March 30, 2017

Study: Heroin use, addiction up sharply among US whites

Whites aged 18 to 44 accounted for the biggest rise in heroin addiction, which has been fueled in part by the misuse of opioid prescription drugs.

GETTY IMAGES

Heroin use in the United States has risen five-fold in the past decade and dependence on the drug has more than tripled, with the biggest jumps among whites and men with low incomes and little education, researchers said

The findings are troubling because the people most affected have few resources to deal with the problem, said Dr. Silvia Martins, an associate professor of epidemiology at Columbia University Mailman School of Public Health, and her colleagues.

"We are seeing that heroin use has increased in the past 10 years," Martins said in a phone interview. "It is more prominent among whites with lower incomes and education and young adults."

Heroin use, which includes those who have tried the drug but not become dependent on it, and addiction also rose more among unmarried adults. Although a jump was seen among women, it was not as prominent as for men.

The researchers found no differences in heroin use or addiction among the major regions of the country.

The findings, published online in the journal JAMA Psychiatry, followed a statement from the American College of Physicians calling for drug addiction and substance abuse disorders to be treated as a chronic medical condition like diabetes or hypertension.

It also coincided with the expected appointment of New Jersey Gov. Chris Christie to head a federal commission to combat the problem. Christie has declared opioid drug abuse a public health crisis.

Martins agreed drug addiction should be treated as an illness.

"By recognizing it is a disease, more people will become aware that they need to seek help, or if they are frequent users, to know that addiction is preventable," she said.

Martins and her colleagues uncovered the trend by analyzing two studies, one from 2001-2002 and another from 2012-2013, and data from 43,000 long-term heroin users.

In 2001-2002, there were similar rates of heroin use between whites and non-whites, but by 2013 there was a significant race gap, according to the study.

Martins called for expanding treatment programs, overdose prevention and medication-assisted treatment, and for a change in doctors' prescribing practices for opioids. REUTERS

State Dept. employee charged in making contacts with Chinese agents

A U.S. State Department employee with access to sensitive information was accused of failing to report contacts with Chinese foreign intelligence agents who provided her with gifts in exchange for diplomatic and economic information, federal prosecutors said on Wednesday.

Candace Claiborne, 60, was charged in a Washington federal court with obstruction of justice and making false statements to the Federal Bureau of Investigation.

Claiborne appeared before a magistrate judge with her lawyer, David Bos, but both declined to speak to reporters. Claiborne will remain confined to house arrest until an April 18 preliminary hearing.

A complaint said Claiborne was given tens of thousands of dollars in gifts and wire transfers by Chinese agents beginning in 2011 in exchange for information about U.S. economic policy in relation to China and other diplomatic matters.

Claiborne and a co-conspirator not identified in court papers received such items as beads, a sewing machine, slippers cash, tuition payments to a fashion school in China and an all-expenses paid vacation to Thailand, prosecutors allege.

"When a public servant is suspected of potential misconduct or federal crimes that violate the public trust, we vigorously investigate such claims," said State Department spokesman Mark Toner. REUTERS

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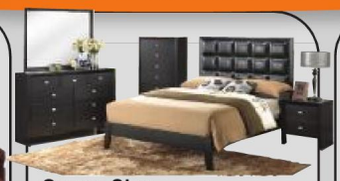

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USA VEIN CLINICS OPENS ITS DOORS AT FLATBUSH, NY

USA Vein Clinics is expanding its services in the year 2017 and opens a new clinic at Flatbush, New York. The statewide network of vein clinics has already been successfully operating in New York at 17 other locations. This new location is to facilitate patients of this area by offering them patient care and vein treatment at the most convenient location. The vein clinics facility is located at, **924 Flatbush Ave, Brooklyn, New York**, and will operate Monday through Friday from 9 a.m. to 6 p.m. The state of the art clinic is highly equipped and will provide the latest, minimally invasive and non-surgical treatment to patients of vein disease. USA Vein Clinics has become one the nation's leading vein clinics under the leadership of Dr Yan Katsnelson, the founder of USA Vein Clinics, a renowned Harvard Medical School trained vascular specialist and his highly trained staff that includes board-certified physicians and specialists.

"We are excited to continue our mission to improve the quality of life of our patients in Suffern, NY." says Dr. Katsnelson. "Our new clinic is equipped with the most modern technology and will provide excellent patient care and convenience to our patients based in Flatbush."

Symptoms of vein disease such as; leg aches or cramps, heaviness in the legs, itching or burning in the legs, skin discoloration or non-healing wounds are progressive in nature and if left untreated can lead to serious complications. The best strategy is to schedule consultation with a vascular specialist as earliest as possible. All vein treatment offered at USA Vein Clinics are quick, minimally invasive, non-surgical and covered by Medicare and most insurance plans. Patients can resume normal activity immediately after the treatment.

"We use the gold standard in vein care and have helped thousands of patients suffering from vein disease," says Dr. Katsnelson. "As a healthcare provider our goal is not just to treat patients but we consider it is our responsibility to raise awareness about the importance of getting treatment as soon as the symptoms of vein disease appear. Some patients come to us for cosmetic reasons-they simply want the unsightly varicose veins of their legs to be treated. Other patients have been living in pain for years. We always like to emphasize the fact that any symptom of venous insufficiency is not just a cosmetic problem. The prominent varicose and spider veins on the surface of the skin are indicating an underlying issue that needs treatment as soon as possible before it leads to serious complications."

To schedule a consultation, call USA Vein Clinics at **(917) 717- 5135**.

ABOUT USA VEIN CLINICS

USA Vein Clinics is a network of state of the art facilities dedicated to the treatment of venous insufficiency. In each vein center, cardiovascular doctors specialize exclusively in problems with circulation provide a comprehensive evaluation and treatment plan utilizing modern equipment and individual approach to each of our patients. With 37 clinics currently in operation, and plans for additional clinics. USA Vein Clinics has the distinction of being the nation's only coast-to-coast vein treatment center. Additionally, USA Vein Clinics has been voted "Best Vein Clinic" six years in a row and has 100 percent customer satisfaction rating.

Chipotle defeats class action lawsuit on overtime pay

Denver-based Chipotle, which operates more than 2,000 U.S. restaurants

People walk past a Chipotle restaurant on Broadway in New York City. GETTY IMAGES

A federal judge on Wednesday granted a bid by Chipotle Mexican Grill Inc. to undo a class action lawsuit by manager trainees in six states who say they were unlawfully denied overtime pay.

U.S. District Judge Andrew Carter in Manhattan said the former Chipotle "apprentices" from New York, Illinois and four other states had varying duties depending on where they worked and could not show they were all eligible for overtime pay.

The plaintiffs in the 2012 lawsuit said that when they worked in the temporary, salaried positions training to manage new restaurants, they often performed basic tasks that could be assigned to hourly workers. That entitled them to overtime pay under state wage laws, the workers said.

Carter's decision blocks the seven workers who filed the lawsuit from representing a class of more than 500 people, which could end the case altogether.

The company's victory on Wednesday came as it faced a larger 2014 lawsuit filed in federal court in Colorado by 10,000 hourly workers who say they were required to work off the clock for no pay. A U.S. appeals court in Colorado on Monday rejected Chipotle's bid to undo the nationwide class of workers in that case.

Unlike most other fast food chains that operate on a franchise model, Chipotle owns its restaurants and is responsible for wages and other employment decisions.

Salaried workers like the Chipotle apprentices are automatically eligible for overtime pay under federal law if they earn less than $23,660. Employees who earn more must be paid overtime if they do not have management or administrative duties.

Last year, a federal judge blocked a controversial Obama administration rule that would have doubled the salary threshold to about $47,500 and extended overtime pay to more than four million workers.

The U.S. Department of Labor appealed the judge's ruling, but it is unclear whether the administration of President Donald Trump will pursue the case.

Trump's nominee for U.S. labor secretary, R. Alexander Acosta, told a U.S. Senate panel last week that he had not made a decision about how to proceed on the rule, but was concerned about its impact on businesses and workers. REUTERS

BRIEFS

At least 12 killed after Texas church bus crash

At least 12 people were killed and three others injured when a Texas church bus carrying senior citizens had a head-on collision with another vehicle on Wednesday, a Texas state trooper said.

The church bus had 14 people aboard when it collided with a pickup truck, with one person in that vehicle. The cause of the crash was still under investigation, said Sergeant Conrad Hein, a Texas Department of Public Safety spokesman.

The accident took place about 80 miles west of San Antonio.

Texas Gov. Greg Abbott and his wife extended their condolences to the victims.

"We are saddened by the loss of life and our hearts go out to all those affected," he said in a statement.

First Baptist New Braunfels said on its Facebook page a group of senior adults affiliated with the church was involved in the accident. It said they were returning from a three-day retreat. REUTERS

Mexican state attorney general arrested in San Diego on drug charges

The attorney general of Mexico's Pacific coast state of Nayarit, hard hit by drug cartel violence in recent years, has been arrested in San Diego on U.S. narcotics trafficking conspiracy charges, federal officials said.

Edgar Veytia, 45, who has served as the top law enforcement officer of Nayarit since 2013, was charged in a seven-page, three-count indictment returned by a federal grand jury on Monday in the New York borough of Brooklyn and unsealed on Tuesday.

He was taken into custody on Monday in San Diego by agents of the Federal Bureau of Investigation, the Drug Enforcement Administration and Homeland Security Investigations, acting on an arrest warrant, an FBI spokeswoman in San Diego said.

Veytia was arraigned in U.S. District Court in San Diego, the FBI spokeswoman, Davene Butler, told Reuters. REUTERS

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Judge to consider objection to Trump University settlement

A U.S. judge will hear arguments on Thursday over whether to grant final approval to a $25 million settlement of fraud lawsuits against President Donald Trump over his Trump University real estate investment seminars, with at least one former student objecting to the deal.

Sherri Simpson of Fort Lauderdale, Florida, who paid $19,000 to learn Trump's investing "secrets," filed court papers earlier this month arguing the class action settlement should not have contained a provision barring her and other students from opting out and suing Trump on their own.

The objection raises the possibility the litigation could continue to dog Trump's presidency. During the campaign, Trump vowed to fight the fraud claims but agreed to the settlement soon after the election. Under the deal, Trump admitted no wrongdoing.

Lawyers for Trump and those representing thousands of other students in two class actions will urge U.S. District Judge Gonzalo Curiel in San Diego to overrule the objection and approve the deal.

The students, who paid as much as $35,000 for the seminars, are expected to recover more than 80 percent of the money they paid.

Though Simpson's lawyer, Gary Friedman, called the settlement "laudable," he said his client wanted to press for a full recovery, as well as punitive damages and other relief. He is planning to argue the deal should be rejected unless she is allowed to do so.

"What Ms. Simpson seeks is her day in court," Friedman said in court papers.

Simpson and other students claim they were lured into the seminars by false promises that they would learn Trump's

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investment strategies from his "hand-picked" instructors. Trump admitted he did not personally select the instructors but said the claim was sales "puffery."

Rachel Jensen, a class action lawyer for the students, said in a court filing that some 3,730 students submitted claim forms. Two filed objections but only Simpson's lawyers are expected at the hearing.

In court papers, both Jensen and Daniel Petrocelli, a lawyer for Trump, suggested Simpson's objection might be politically motivated. They noted she appeared in an anti-Trump political ad in February 2016. REUTERS

Feeling like spring in NYC

A man relaxes in the sun on a deck in lower Manhattan on Wednesday in New York City. Temperatures in New York reached the high 50s, a break from weeks of unseasonably cold and snowy weather. GETTY IMAGES

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Jennifer Lawrence and Darren Aronofsky are still a thing

Things are heating up between Jennifer Lawrence and Darren Aronofsky, because age really is just a number, you guys.

A source tells People that nothing can keep this couple down: not an age difference, not long distance and not an anonymous source tipping off a magazine about their romance.

Wonderful! "They are very sweet together and seem happy. They hold hands." Not notable! The two have reportedly been dating since September, when Aronofsky, 48 directed Lawrence, 26, in an upcoming film called "Mother!"

They seem to be keeping their relationship pretty low-profile, but they have been spotted "on movie dates and low-key strolls," which again — isn't very notable. They're just like, two chill people in love or whatever. Who also happen to be rich and famous. This kind of thing happens all the time.

Alicia Keys isn't exactly 'makeup-free'

Earlier this week, Adam Levine called out Alicia Keys for wearing makeup. Let's talk about it.

Levine, the second-thirstiest man alive, told Howard Stern that he spotted Keys putting on a bit of makeup, and said aloud, "Oh, I thought Alicia doesn't wear makeup. Keys shot back, saying "I do what the f—k I want," which yeah, duh.

Levine's decision to call out Keys on wearing makeup is probably just rooted in some good old-fashioned male entitlement. We're talking about a guy who is basically a flesh-colored helium balloon made human, so him making a whole thing of this is not at all surprising.

But! Alicia Keys — who absolutely has the right to do whatever she wants — does wear makeup. Despite being very vocal about her decision to go #no-makeup, it turns out her look isn't so much makeup free as it is a "no-makeup look." Her makeup artist has admitted to as much, saying "Compared to the world of makeup, there is minimal [coverage]." Which is totally fine! But the two are not the same, so there's that.

Despite maybe misleading us about the makeup issue, the songstress does take her natural, uh, "look" very seriously: She's gone so far as to eliminate cheese from her diet in pursuit of glowing skin and a makeup-free existence. And frankly, that's just a sacrifice the rest of us can't afford to make.

Emma Thompson is fed up with fat-shaming

Emma Thompson, feminist queen and forever Professor Trelawney in my heart, is taking on body-shaming.

The 57-year-old actress appeared on Swedish talk show "Skavlan," and not so fondly recalled a time when her co-star was criticized for her weight. "There was a wonderful actress in a film I did called 'Brideshead Revisited.' The producer said to her, 'Will you lose some weight?' And she was absolutely exquisite!" She threatened to quit the film if the producer brought it up again. Get it, girl.

Dear Dumbledore: May we be graced with Emma Thompson's presence forever and ever, amen.

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Olivier Assayas hearts Kristen Stewart

The star's "Clouds of Sils Maria" director talks about reuniting in "Personal Shopper."

MATT PRIGGE
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In 2015, Kristen Stewart won the Cesar — basically, the French Oscar — for Olivier Assayas' "Clouds of Sils Maria," a European drama where she played the personal assistant to a famous actress (played by Juliette Binoche). It worked out so well, the actress did it again. In "Personal Shopper," she and Assayas reunite to make his version of a ghost movie — which is to say it's not a horror film but a character study, and also a kind of documentary about Kristen Stewart. The actress plays a woman trying to connect with her recently late brother's spirit. In between she ekes out a living in Paris picking up high-end clothes for a workaholic client.

We talked to the acclaimed French filmmaker, of movies like "Irma Vep," "Carlos" and "Summer Hours," about working around paparazzi, avoiding Hollywood and his definition of "ghosts."

Kristen Stewart attracts a lot of fans and paparazzi. How did you handle shooting with those crowds around?

When we were shooting on the streets, we ended up having a lot of fan photos on the internet of Kristen on her bike. The paparazzi and fans, somehow they have their ways of knowing where she is. I don't know how they do it, but they have their ways. I try not to think about it. But at some point it becomes annoying, because it's in the way of Kristen's concentration. All of a sudden she's worried by this and that.

Kristen Stewart plays a woman trying to connect with the spirit of her dead brother while keeping up her job (picking up high-end clothes for a wealthy client) in Olivier Assayas' "Personal Shopper," now in theaters. IFC FIMS

But in terms of shooting at the stations, it wasn't a problem. People just don't imagine she would get on a train or be there. We would hide the camera and just put her in the crowd. We would have her wait for a train and she would go into the crowd and walk around on her own while we filmed her. It was kind of fun. And ultimately the difficulty we had was the kind of difficulty we would have with any similar shot in any similar film, even if we were making a film with an unknown.

GETTY

There's almost a documentary quality to the film. Sometimes you're simply following her around doing menial things, and the more traditional scenes have a looseness to them, too.

It was about documenting Kristen going through the emotions I have put in motion. Because she's such an authentic actor. She needs to make everything feel real. In the film you see her building up these emotions. I'm kind of documenting that process.

You have a very different approach from the Hollywood style, which seems more like following a ready-made blue print.

Yeah, but that's not the filmmakers' fault, that's the system. What's depressing is the Hollywood system is so much about control. And there's nothing more boring than control. You're so privileged to make movies. Making movies is fun. It's a pleasure. And Hollywood is all about taking the pleasure out of it. [Laughs] It's too serious. Making movies, even if you're making a serious movie, is always like children playing.

And in movies there is this exciting, collective purpose. You're sharing something with a lot of people. You're giving them the opportunity to a part of something bigger than them, bigger than all of us. There's a real beauty there. That's what filmmaking is about. And Hollywood kind of spoils that. Ultimately that's the reason I've never [worked in Hollywood]. I'd certainly have a hard time adapting.

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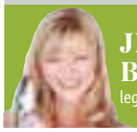

JENNA BUSCH
legionofleia.com

The thing about Spider-Man is that he's us. He's any of us. I watched the trailer for "Spider-Man: Homecoming" this morning and it's more obvious in this version of the Marvel superhero than it's been in any of the versions I've seen out there. Peter Parker is a hot mess. He's not just the adorable kid from "Captain America: Civil War" with the cute face and the quippy lines. He's me when I have no idea what I'm doing. He's your little sister when she follows you around and tries to go to the same birthday party, knowing that no one wants her there. He's your buddy who just doesn't get why they're supposed to turn a blind eye to the bad stuff in the world and maybe talks about it too much.

The thing about Spider-Man is that he sort of bumbles his way to greatness. You can see it in the new trailer. He asks Tony Stark for all the rules about joining the Avengers, even knowing that Tony sort of used him to win the battle. He knows "dad" doesn't want him involved, but he just can't help himself. It's because he wants to help, the same way your little sister thinks she's helping when she covers the kitchen with flour to help your dad bake cookies.

His friends think what he does is cool, but they just don't understand. Peter feels misunderstood. He just knows he has to do what he does. He hides his new career as a webslinger from Aunt May the way you hid your search for the perfect supersoaker from your Aunt Gladys. It's important for him to save people the way it was important for you to not step on that ant at the picnic.

I know. This sounds like a ramble. It's just this crazy reaction I had to the trailer. I haven't had one like it with other Spider-Man films — not since the first one, anyway. Spider-Man wears a mask, so I could totally be him. So could you. They're not making him cool-but-dorky. He's not really-hot-but-everyone-treats-him-like-he's-a-nerd-because-movies, like the last one. This time around, he really feels like the kid next door. He feels like the guy in class who has been saving up his super cool joke all day and when he tells it, it falls flat.

He feels like us. it's nice to see someone so ordinary do extraordinary things. It reminds us that we can, too.

Tom Holland's Spidey, whose film arrives in theaters on July 7, looks a lot more relatable than the Andrew Garfield incarnation. SONY PICTURES

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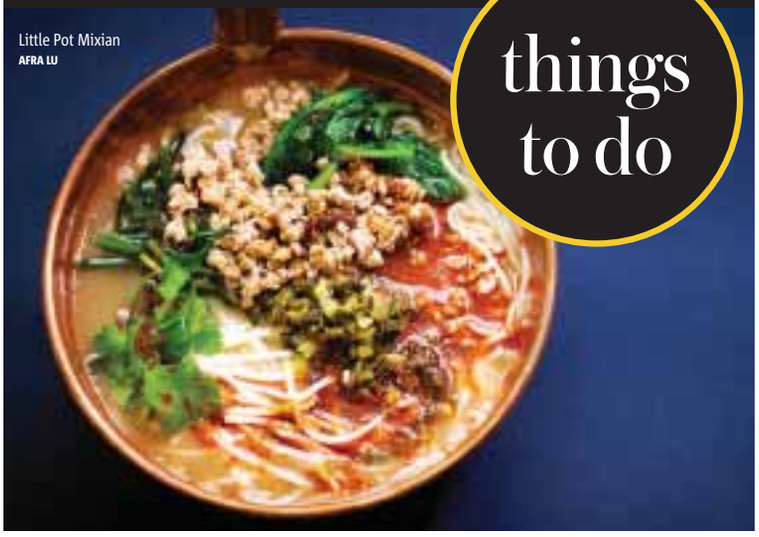

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Chef Simone Tong's life has spanned three continents, and on each she's loved to do one thing above all: eat, specifically noodles. And in all her sampling, from her home in Sichuan Province, China, to growing up in Hong Kong and Australia, then coming to the U.S. for school, nothing compares to the delicacy that is the Yunnan rice noodle, *mixian* (pronounced me-shien).

"My obsession with rice noodles is pretty scary," she says.

That obsession has taken shape as Little Tong Noodle Shop, now open in the East Village in the corner space that used to be Schnitz. The broths of her five ramen-style *mixian* bowls ($14-$17) use various broths to complement their ingredients, like pork with minced pork belly and vegetable broth with five-spice tofu, as well as nibbles like ghost chicken and pork chao shou wontons.

Tong, who spent four years at WD~50 "learning the science of food," chose to focus on the flavors of Yunnan Province in southwestern China, whose incredible natural bounty has created a food culture she describes as "very Nordic." She spent four months traveling the region as well as interning at the dizzying food palace that is Beijing's Colorful Yunnan restaurant, where she refined her ideas — and got the name Little Tong from her chef.

Unlike the wheat noodles used in ramen, *mixian* is made with fermented rice and is less heavy, though the texture is definitely more chewy. Tong creates her broths in a double-cooking process that results in a less fatty soup, but that's not the only source of flavor in her dishes.

"In Yunnan, they like to eat a lot of pickled, sour-spicy food, so my *mixian* will have a lot of condiments: chili oil, green-peppercorn oil, fermented chili, pickles," which are made in-house, she says. "It's not as heavy as ramen, but it definitely has its wholesome depth and deliciousness."

While Tong is definitely going for the bold flavors of her Sichuan roots, it's not about blowing out your palate with heat. *Mixian* should "take you to a happy place," which she achieves by layering flavors. "Sometimes, subtlety is beautiful as well."

Little Tong Noodle Shop
177 First Ave. at 11th St.
Tuesday-Sunday,
5:30 p.m.-11 p.m.
Tipping included
littletong.com

Chef Simone Tong spent four months in China to capture the flavors and techniques of Yunnan cuisine. AFRA LU

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Shake-speare it up

Get into the spirit (get it?) at one of Drunk Shakespeare's irreverent productions, where one person faces the acting challenge of their life every night. FACEBOOK, @ DRUNKSHAKESPEARENYC

Yes, we're all a little anxious to see Oscar Isaac take on the role of "Hamlet" this summer, but you'll have to keep it in your pants for a little longer. Until then, we've rounded up all the gender-swapping, boozy and outlandish Shakespearean productions of spring. EVA KIS

"Twelfth Night"

Shakespeare in the Park is the Public Theater's marquee event, but getting tickets can be a pain, and Central Park isn't convenient for everyone. To bring free theater to all five boroughs, the theater's Mobile Shakespeare Unit will visit parks, community centers and even prisons to stage its all-too-relevant take on Shakespeare's comedy about hidden identities: Viola is reimagined as a late-1990s Cuban immigrant who must start a new life in buzzing, music-filled Florida. All shows — including the usual post-tour run at the Public — are free in honor of the mobile unit's 60th anniversary.
March 30-May 14
various locations
publictheater.org

Drunk Shakespeare

What happens when one member of a Shakespeare cast starts the show with five shots of whiskey? "Drunk History" showed us that being a little tipsy doesn't necessarily hurt your performance, and there's a whole cast of clever pros ready with a little improv to help the unlucky drunkard slurring "Macbeth" or another of the major plays (the show changes). Set in The Lounge, which has been converted into a library, some of the audience is seated right onstage with the actors — with the option to drink in moderation.
Through Jan. 27, 2018, 21+
300 W. 43rd St., Level 2
drunkshakespeare.com

"Twelfth Night"

For a more traditional, but no less dynamic, interpretation of the play, London's National Theater has been the place where classics get a stunning, faithful staging. The "National Theater Live" series has made it possible to see these productions without a plane ticket by filming performances to screen in theaters. Their camerawork is exquisite, often getting closer than even the live audience.
April 6-May 25
various locations
ntlive.com

Shakespeare Sonnet Slam

Because some people are just obnoxiously talented, Shakespeare wrote some of the best love poems, too. For the seventh year, Central Park is hosting a poetry slam where all 154 of the Bard's sonnets will be performed — interpretations welcome — by people of all ages ranging from amateurs to professionals. You may even see a Broadway or movie star give it a shot.
Apr. 21
Naumburg Bandshell
centralpark.com

"Henry IV"

Gender-swapping is the trend of the moment to give old stories a new perspective. This time it's the itinerant Princess Hal making life difficult for King Henry, who's already having a hard enough time securing his legacy trying to control a rebellion. The nonprofit, inclusive troupe Hamlet Isn't Dead is mashing up Parts 1 and 2 into one irreverent, live rock music-infused production.
May 3-7
Westbeth Artists Community, 55 Bethune St.
hamletisntdead.com

Shakespeare in the Park

This year's dual bill in Central Park, presented free as always by the Public Theater, leads with a play that couldn't be more relevant: "Julius Caesar," about the rise of a popular leader who's morphing into a tyrant. It's the first time the play has been seen at the Delacorte Theater in 17 years, and The Public's own artistic director, Oskar Eustis, will direct. Later in the summer will be the lighter fare of "A Midsummer Night's Dream."
May 23-June 18;
July 11-Aug. 13
shakespeareinthepark.org

"Measure for Measure"

After winning accolades for his direction of "Hamlet" by the Royal Shakespeare Company, National Theater associate director Simon Godwin comes to Brooklyn's Polonsky Shakespeare Center, where he's crafting an appropriately unsettling rendition of this disturbing comedy of sexual politics.
June 13-July 16
262 Ashland Place
tfana.org

"Macbeth"

No one stretches Shakespeare to its limits like Theater 2020. Case in point: last year's production of "The Real Merry Wives of Windsor, CT" which ditched some of the dated gender-based comedy for slapstick and a thoroughly delightful send-up of reality TV. In their spring production of "Macbeth," the troupe will take a serious tone, but swaps the dreary moors of Scotland for the South Pacific and adds in some witchcraft and sorcery.
Dates TBA
First Unitarian Church
116 Pierrepont St., Brooklyn
theater2020.com

Free Shakespeare in the Park at the Delacorte Theater TAMMY SHELL

The Public Theater Mobile Unit's "Twelfth Night" PROVIDED

Shakespeare Sonnet Slam PROVIDED

Sail into Spring with Hornblower

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Spring. It's the time for fresh beginnings. As the cold weather subsides, and a little excitement starts to creep in for the coming of summer, it's hard not to start thinking about how you'll be spending those long, sunshiney days.

It's time to take those new beginnings in a different direction… New York is a city surrounded by water, and that's where you'll find the city's best views. And there's no reason why you can't partake in all your favorite land-based activities on the water. That's where Hornblower Cruises & Events comes in.

Whether it's brunch or dinner, happy hour drinks, or heading out for some dancing, you can do it all on New York Harbor surrounded by NYC's iconic sights and an amazing, always changing view of the awe-inspiring Manhattan skyline.

And since it's a time for new beginnings, why not commit to doing things differently and seeing the city you love from a whole new perspective?

There's no better way to take advantage of sunny days than discovering your new favorite brunch spot. Hornblower's Jazzy Champagne Brunch Cruise is more than just brunch, it's an experience, for young and old, family and friends alike. It's not unusual to find the whole boat dancing to the live jazz or DJ by the end of the cruise… of course that's usually after a few mimosas (they're unlimited), and topping off a decadent brunch buffet by dipping into the chocolate fountain with a delicious selection of fresh fruit and other tasty morsels.

When it comes to dinner options, New York can overwhelm you with choices, so why not do something a little different and add a special touch of magic with amazing views — watch the sunset and the city light up from the deck of Hornblower's luxury yachts. Aboard the New York City Lights Dinner Cruise, you can indulge in a four course à la carte dinner along with after-dinner dancing. Make any occasion special.

If you're looking for a new place for after-work drinks to make the most of those extra daylight hours, you can't beat the Alive After Five happy hour cruise. Sit back and relax while Hornblower's onboard DJ provides the soundtrack and New York provides the sights; it's the city's best happy hour spot! Top it off with a burger from the Build Your Own Burger Bar including an extensive selection to create your own burger heaven… with a side of fries, of course. Forget the rooftops, a cruise is where it's at.

Need to get the party started? Rock the Yacht! is just what the doctor ordered. Feel the heat on the dance floor as the city skyline passes by, all lit up just for you! Rock the Yacht! is also the ideal way to celebrate bachelor and bachelorette parties - or any other occasion that needs a party vibe.

Alive After Five and Rock the Yacht! boasts some of the city's hottest DJs, radio personalities and more, hosting special events throughout spring and all the way through summer.

Hornblower's happy hour and party cruises depart from Pier 15 at South Street Seaport. Brunch, dinner and private events cruise from Pier 40 in the West Village. See New York. Be New York. With Hornblower.

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YOUR WEEKEND STARTS NOW

FILM

Major League: Wesley Snipes in Focus

How has Wesley Snipes not had a comeback? The '90s action god — and, it must be reiterated, genuinely brilliant dramatic and comedic actor — spent three years in jail for tax evasion, and the best he got out of it is a couple dumb jokes in the third, crappy "Expendables" movie. He could do dumb Guy Movies: "Passenger 57," "Demolition Man," "Blade." He could also kill it in Spike Lee films ("Jungle Fever"), baseball yuk-fests ("Major League") and hilarious dramas ("White Men Can't Jump"). All will screen during BAM's Snipes retro. **MATT PRIGGE**
March 31-April 9, BAMcinematek, 30 Lafayette Ave., Brooklyn, bam.org

Oh man, was Wesley Snipes great in 1992's "White Men Can't Jump" (with Woody Harrelson). **TWENTIETH CENTURY FOX**

ARTS

Butoh & Beyond

You know Coney Island for its mermaid parade and freak show — but how about a more esoteric tribute to our body's energy? Sideshow by the Seashore spotlights the art of Butoh with Mexico's Diego Pinon and 16 dancers trained in the Japanese tradition of ritual movement. The theme is "surrealism of the flesh," and it includes acts by underground burlesque star Miss Mary Cyn, Sick Nick the Bellevue Boy and punk-country musician Paige Johnson-Brown of Irrevery. **March 31-April 2, Sideshow by the Seashore, 1208 Surf Ave. $15, coneyisland.com**

DRINKS

Harlem Whiskey Renaissance

Celebrate the rich cultural heritage of Harlem and give back to the community while sampling some of your favorite dark spirits at Harlem Whiskey Renaissance. Guests will taste Glenlivet, Four Roses, Crown Royal, Hudson Whiskey, Johnnie Walker and more (with passed small bites, never fear) while listening to Dandy Wellington's tunes from the Harlem Renaissance. Proceeds benefit Boys & Girls Harbor, a charity that works with local youths.
March 30, 7 p.m.-10 p.m. Mist-Harlem, 43 W. 116th St. $100+, harlemwhiskeyrenaissance.com

MARKET

Brooklyn Flea + Smorasburg

This weekend kicks off flea-market season with the opening of Brooklyn's most popular outdoor spots: Brooklyn Flea and Smorgasburg in Williamsburg on Saturday, and Brooklyn Flea in DUMBO and Smorgasburg in Prospect Park on Sunday. Spend the day sipping either a hot or cold cuppa (who knows, it's spring) while browsing crafts, clothes, furniture, antiques and rare oddities — not to mention the food trends of next season.
April 1 & 2, various locations, free, brooklynflea.com & smorgasburg.com

CRAFTS

PROVIDED

Bust Craftacular's Primped

Catch up on beauty and fashion trends while snagging goodies for yourself at Bust Craftacular's Primped, hosted by Bust Magazine and BK Style Foundation. The Brooklyn Fashion Week event offers over 65 vendors with makeup, clothes and jewelry, plus food and activities. Admission is just $3, and even if you aren't into shopping, there are free events like runway shows and free primping stations. Or you can just sip a cocktail and browse; after all, fashion is nothing if not art.
April 1, 11 a.m.-6 p.m., Brooklyn EXPO Center, 72 Noble St. $3, bust.com

FILM

Musical Brunch at Nitehawk

Kick off your lazy weekends with a feel-good musical romp from your childhood, whether it comes in the form of animation, puppetry, retro obscurity or just good old-fashioned live-action dancing. Nitehawk offers a Musical Brunch series Saturdays and Sundays through April, featuring "Singing in the Rain," "The 5,000 Fingers of Dr. T," "Muppets Take Manhattan," and "Anastasia." And if you like brunch food but on the other side of the day, this month also brings Musical Midnites.
Saturdays and Sundays, April 1-30, Nitehawk Cinema, 136 Metropolitan Ave., Brooklyn, $12, nitehawkcinema.com

FOOD

Chocolate Doughnut Takeover

If chocolate is your favorite flavor of everything, then. This weekend, Brooklyn's brioche-style-doughnut specialist Dough is teaming up with Belgian chocolatier Callebaut for a special all-chocolate menu. All the doughnuts at Dough's Flatiron location will be dipped, frosted and made with every kind of decadent Belgian chocolate. **April 1-2, 14 W. 19th St., prices vary, doughdoughnuts.com**

INTERIOR DESIGN

NYC Home Decor & Furniture Bazaar

Give your home an instant face-lift with a few strategic updates picked out this Sunday at the NYC Home Decor & Furniture Bazaar. Dozens of crafters and vendors come together on the Upper West Side for the one-day-only event, featuring everything from fun knickknacks and niche design elements to your basics like tables and chairs (hey, everyone's got to sit). The event is part of Grand Bazaar NYC, which raises money for 400 public schools with an array of rotating vendors.
April 2, 10 a.m.-5:30 p.m. Grand Bazaar, 100 W. 77th St. Free, grandbazaarnyc.org

NIGHTLIFE

Stand Up and Take Your Clothes Off

Things are going off-script for this month's Stand Up and Take Your Clothes Off, a cheekily named show that's exactly what it promises: a combo of stand-up comedy and burlesque, hosted by Kerryn Feehan and Jillaine Gill. For one, it's Gill's birthday. Two, it's the day after April 1. And things are getting a little foolish as the burlesque dancers swap roles to perform stand-up and the comedians take it all off. There's also a set by DJ Stevie Cee. Proceeds benefit the ACLU.
April 2, 8 p.m. Kraine Theater 85 E. Fourth St. $15, horsetrade.info

CIRCUS

"Circus 1903"

Go back in time to the heyday of the circus while also previewing the future of the form with "Circus 1903." This new show brings together the magic minds behind "The Illusionists" and the puppeteers of "War Horse" for a Broadway-level spectacle at Madison Square Garden. Featuring elephant puppetry and gravity-defying aerial acts, the show pulls all the stops to capture the imagination of today's audiences while celebrating international circus traditions.
April 5-19, Madison Square Garden, 4 Pennsylvania Plaza $39-$89, theateratmsg.com
T. MICHELLE MURPHY

FOOD

PROVIDED

Sunday Undie Bottomless Brunch

They're next to naked and serenading you while you enjoy your poached eggs. And why not spend brunch enjoying an intimate "stripped down" concert by the Skivvies, a duo that performs musical theater and pop hits in their underwear? They're taking up residency at the new Greenroom 42 in Midtown's Yotel for Sunday Undie Bottom Brunch every week in April. Special guests rotate, and your entree is included in the price – as well as bottomless prosecco mimosas.
April 2, 9, 16, 23, Green Room 42, 570 10th Ave., Fourth Floor $45 thegreenroom42.com

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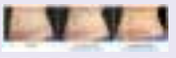

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TREASURE AWAITS

The foodie side of Tampa

We found some of the essential eats and bars for your next trip to the Florida city.

ED CONDRAN
@MetroNewYork
letters@metro.us

The Columbia Restaurant is a stately landmark on the Tampa food scene, serving Cuban food for over a century. FLICKR @ FURLDMAN

There's a restaurant revolution happening in Tampa, with reliable old-school joints as well as new, edgy bistros.

Destination restaurants

We recommend starting with the venerable **Columbia Restaurant**. The downtown Ybor City staple has been a landmark on the Tampa scene for decades, combining history — its grand exterior features ornate tilework, while inside you'll find a tranquil Spanish-style courtyard — and fine dining.

At 52,000 square feet, the Columbia spans an entire city block, making it the largest Spanish restaurant in the world; and in this case, bigger is also better. The 1905 Salad, Columbia's birth year, is sublime, as is the grouper wrapped in pastry dough with asparagus and red peppers. Columbia also makes a terrific Cuban sandwich (ham, roasted pork, Swiss cheese, pickles, mustard and salami on Cuban bread).

For a new-retro experience, go back in time with a visit to **Ciro's Speakeasy and Supper Club**. For entry, you must know the secret password, (obtained by calling the swanky establishment). It's worth the effort. The staff sports Prohibition-era garb, and there's a cool secret room behind a bookcase.

W XYZ Bar at Aloft Downtown FACEBOOK

Cuban food

The topic of who serves the best Cuban food in town is the center of much debate. The finest Cuban sandwich just might be served at the delightfully quirky **West Tampa Sandwich Shop**. The Obama Sandwich was born after the former president ordered a honey Cuban at the small but charming diner, a Cuban drizzled with honey, plus lettuce and tomatoes. You also can't go wrong with the chorizo sandwich or the plantain omelette.

Don't miss **La Segunda Central Bakery**, which has been in existence for more than a century. Its chewy, delicious Cuban bread is a local treasure. The same could be said for the tasty guava turnovers and flan.

New eats on the block

As far as new restaurants go, **Ulele** is setting a standard. The building itself is a draw, a historic pumphouse that's been repurposed into a light-filled restaurant with huge windows overlooking a palm-strewn backyard. The only difficult decision is what to try. Do you request the pan-seared pompano, or the gouda grouper? Whatever you do, wash it down with the home-brewed honey lager.

For Mediterranean fare, **Haven** will not disappoint. The octopus carpaccio and the Wahoo ala Plancha (it's escargot, live a little!) are worth the visit.

Cheers

According to USA Today, Tampa is the No. 3 beer city in the country, with over 30 craft breweries, and more are on tap.

Refinery PROVIDED

Cigar City Brewing is not just a beer lover's destination. True beer geeks can take a behind-the-scenes tour of the brewery and see its equipment up close. The variety of their brews is staggering, which is apt since you'll be staggering well before last call. If you like sours, you won't go wrong with the Guava Passion Berliner at the Coppertail Brewing Company, but don't skip the French Oak Black Cherry Porter.

The luxe Aloft Downtown Tampa offers libations at its modern cocktail lounge **W XYZ**, where the atmosphere is casual by day and sophisticated by night. Relax by the infinity edge pool, which overlooks the scenic Hillsborough River with a view of the Moorish minarets on the bucolic University of Tampa campus while a DJ spins during weekends.

Rooftop bars are all the rage in Tampa, too. Imbibe at **Fly Bar** or **The Refinery** in Seminole Heights, which is blowing up as the hipster destination of the city.

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Fodor's Travel

Celebrating spring

Washington, D.C.'s Cherry Blossom Festival includes the nation's largest parade. GETTY IMAGES

Matsumae Koen Park Cherry Blossom Festival

The sakura (cherry blossom) is Japan's national flower, and festivals have revered its beauty for nearly 1,500 years. Spring begins to bloom in February in Okinawa, then travels northward to Hokkaido, where the blossoms peak in early May. Of the dozens of Japanese festivals, Matsumae's may be the most magnificent. More than 10,000 cherry trees set among the 17th-century Matsumae Castle paint this seaside town on Japan's northernmost island of Hokkaido. Commencing with a grand parade, the festivities also feature local seafood, tea ceremonies, crafts, haiku competitions, fireworks and a karaoke contest. *Late April to mid-May*

National Cherry Blossom Festival

Washington, D.C.'s annual event, inaugurated in 1927, celebrates Japan's 1912 gift of 3,000 ornamental cherry trees. Highlights include the Blossom Kite Festival with handmade kite displays and competitions, twilight photo safaris and Cherry Blossom Food Tours that show guests delectable dishes inspired by both cherries and the area's Japanese influence. The celebrations climax with the National Cherry Blossom Festival Parade down Constitution Avenue — one of the nation's largest spectacles. *March-April*

Copenhagen Sakura Festival

In 2005, the Danish Honorary Consul of Hiroshima gave Copenhagen 200 flowering cherry trees to commemorate the bicentennial of beloved storyteller Hans Christian Andersen's birth. The festival locale Langelinie Park, home to the first plantings as well as the famous "Little Mermaid" statue inspired by an Andersen tale, appropriately resembles a fairy tale come to life. Traditional martial arts demonstrations, authentic folk dances, taiko drum performances and tea ceremonies enliven the proceedings. Free workshops highlight Japanese crafts like origami, calligraphy and ikebana (the art of flower arranging). *April*

North Carolina Azalea Festival

Founded in 1948, the North Carolina Azalea Festival in Wilmington is the state's largest event of its kind: a county fair featuring a circus, competitions, celebrity headliners, galas and more. More than 200,000 celebrants attend the annual street fair and throng to watch the main parade. Over 1,000 volunteers help stage 50-plus events ranging from concerts to art contests to coin shows. Proud locals open their homes and gardens for tours. The traditional arrival of Queen Azalea opens the festivities, but the pink, lavender and white blossoms preen all spring long. *April*

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Royal Azalea Festival

Sobaeksan, one of the 12 Sobaek Mountains skirting the border between Chungbuk Province and Gyeongbuk in South Korea, comprises a national park famed for its biodiversity, yew trees, wildflowers and royal azaleas. By late May, its peaks like Birobong, often compared to the Swiss Alps, seem to don a pale pink *jeogori* (traditional Korean jacket). Noted Confucian scholar Toegye Yi Hwang says it's like "walking through a colorful silk curtain as if I've arrived at an extravagant party." Various musical performances, activities and artisanal workshops celebrate the energetic qualities of the azalea. *Late May-Early June*

Millions of tulips bloom and the entire city of Ottawa gets into the Canadian Tulip Festival. GETTY IMAGES

Canadian Tulip Festival

In gratitude for Canada providing safe harbor to the Dutch royal family during World War II, Princess Juliana presented Ottawa with 100,000 tulip bulbs. The Canadian capital has memorialized the gift for six decades through this fun fest where millions of tulips rim the iconic Rideau Canal. The entire city participates, with a virtual United Nations of neighborhoods from Little Italy to Chinatown offering their unique spin. Highlights include the black-tie Tulip Ball, the Floral Hair Competition, and kid-friendly happenings like a Tulip Treasure Hunt and the Mad Hatter Tea Party on Mother's Day. *May*

Countus Tulpenfestival

Noordoostpolder, an hour's drive northeast of Amsterdam in central Flevoland, is the Netherlands' youngest tulip-growing area, but one of its largest. You can drive, bike or hike during the annual Countus Tulpenfestival, which attracts over 50,000 visitors. Horse-drawn carriage tours and organized hikes also escort you along canals and over bridges to view the vividly hued tulip fields. The Centrum Amateurkunst Flevoland's Passie in de Polder (Passion in the Polder) tours visit specially created art installations that interact with their surroundings. In the annual Koetsentocht, coachmen of Menvereniging Castle drive the tulip queen and her entourage in a special authentic coach, followed by a procession of horse- and pony-drawn carriages. *April-May*

Shenandoah Apple Blossom Festival

One of Virginia's oldest civic celebrations, the annual Shenandoah Apple Blossom Festival in Winchester was first held in 1924. Locals adorn the streets (and themselves) in green, pink and white to welcome the 250,000-plus revelers (more than 10 times the town's population). Savvy promoters with Hollywood ties have long lured celebrity guests like Lucille Ball. Highlights include a Grand Feature Parade, Firefighters' Parade, apple pie competitions, a meet-and-greet with the Budweiser Clydesdales, the Cole Brothers Circus of the Stars, fireworks, concerts, carnivals, wine tastings and pro-am golf tournaments. *April-May*

Madeira Flower Festival

Nicknamed the Floating Garden of the Atlantic, Madeira is a 90-minute flight from the Portuguese capital Lisbon. In Funchal, the island's largest city, the annual Flower Festival has been called the botanical equivalent to Mardi Gras. The week overflows with concerts, folkloric performances and more. Local artists create exquisite floral carpets and sculptures along the main streets. The Flower Exhibition in the Largo da Restauracao showcases the plants in a quaint setting where saleswomen dress in traditional costume. Hundreds of flower-bedecked youths, each carrying a single blossom, proceed in the Children's Parade to the Praca do Municipio, where they construct the Wall of Hope with their flowers. The festival culminates with the Allegorical Flower Parade, featuring dozens of elaborate floats and thousands of costumed dancers. *May*

Debutantes take part in the North Carolina Azelea Festival. GETTY IMAGES

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SID ROSENBERG

OPINION

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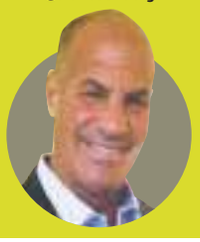

Noah Syndergaard was named the Mets' Opening Day starter on Wednesday. MLB PHOTOS VIA GETTY IMAGES

Baseball is back. Well, it's almost back.

This is the last Thursday before the Major League Baseball season starts and as always, I am excited. There will always be baseball storylines in New York, and recently the Yankees have gotten the wrath of the tabloids for not producing or showing promise. The Mets have been the polar opposite, producing promising young talent, playoff appearances and consistency. But for the first time in what feels like a long time, both the Mets and Yankees are looking to their seasons to win now — riding on a core of youthful, homegrown talent.

Over the past three major league seasons we have seen the Mets build a nucleus around an entirely homegrown pitching staff. Noah Syndergaard, Jacob deGrom, and Steven Matz all spent four plus seasons in the Mets farm system and have been major cogs in the Mets pitching rotation with a bright future ahead of them. After failing to fulfill the hype, Matt Harvey has taken a backseat to these three guys — especially Syndergaard, who has become the leader of this pitching staff.

The now-253-pound Syndergaard has the potential to put up some gaudy numbers with a fastball consistently hitting triple digits and a slider that pulls the chair out from under batters. If Thor lives up to what some say he is capable of this season we may have the first Cy Young Award winner from New York since R.A. Dickey in 2012. If Syndergaard is able to get up over 200 innings this season it will be the first time he does so, and that would give him more chances to strike out batters. Who knows how high the total might get if he stays healthy.

There are also some MLB and franchise milestones in reach for two longtime Mets. Jose Reyes is just 12 steals away from reaching 500. If Reyes gets there, he will join Ichiro as the only other active player with 500 or more steals and 906 stolen bases — behind Rickey Henderson for the all-time lead. David Wright also has a chance to break Darryl Strawberry's club record of 252 home runs. Wright needs 11 big flies to surpass Straw and become arguably the best Mets position player of all-time.

On the other side of town, the Pinstripes have put all of their chips on a guy they have been grooming for seven years in Gary Sanchez. In all honesty, in the small sample size of games that Sanchez played in last year, the guy was a more than pleasant surprise for Yankees fans looking for someone to take the spotlight off of A-Rod and to show some hope in filling at least one of the shoes Derek Jeter left three season ago.

Last season, Sanchez showed a veteran presence not only in the batter's box but also behind the plate handling the Yankees pitching staff and keeping runners at bay. Sanchez has a nonchalant way about him, which is presumably good for the pitchers he is catching, and he did throw out 13 of 32 (or 41 percent) of baserunners trying to steal on him last season. The future looks bright for this Sanchez kid.

Let's. Go. Mets.

Rick Nash (No. 61) is tied for third on the team this season with 22 goals. GETTY IMAGES

Rangers likely to face Habs or Sens in Round 1

The Blueshirts clinched a playoff berth this week.

JOE PANTORNO
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One single point gained in the New York Rangers' 5-4 overtime loss to the San Jose Sharks on Tuesday night was enough to clinch a seventh-consecutive playoff berth.

The Blueshirts have a stronghold on the Eastern Conference's No. 1 wild-card spot, which is where they will likely remain when the regular season draws to a close on April 9.

After Tuesday night's game, New York's 97 points were 11 ahead of the Boston Bruins, who currently hold the final playoff spot in the East. With just five games remaining in their regular season, the Rangers entered Wednesday six points back of the Pittsburgh Penguins for the No. 3 seed in the Metropolitan Division. It is not an insurmountable disadvantage, but the Penguins have two games in hand on the Rangers.

That would mean New York is facing a first-round matchup with either the Montreal Canadiens or Ottawa Senators depending on who wins the Atlantic Division.

Despite being a lower seed this postseason, the Rangers can still be a dangerous team to encounter.

One of the team's most noticeable strengths is its play away from home. New York is the best road side in the NHL with a 27-10-2 mark away from Madison Square Garden.

As the team is poised to play four of seven games on the road in any given playoff round due to their standing, the Rangers could ruin some seasons if they're able to steal one or two games outside New York per series.

Home play will need to improve, however. Their 19 wins are the fewest of any team that currently holds a postseason spot in either conference and would cancel out any momentum gained on the road.

Questions also surround the defense, which has been inconsistent and sieve-like at times.

In their last two games, the Rangers have allowed 11 goals and have had seven games since Feb. 26 in which they gave up four or more.

The struggles, along with the return of Kevin Klein from injury, have forced head coach Alain Vigneault to shuffle the defense.

With seven defensemen now available, Vigneault sat veteran Dan Girardi during Sunday's 6-3 loss to the Anaheim Ducks.

On Tuesday, Girardi was back at the expense of Klein, but it did little to help as the Rangers saw San Jose light the lamp five times.

No one's job is safe either, as Vigneault made it clear to Larry Brooks of the New York Post on Saturday that any of his defensemen could be benched.

The defensive issues obviously put added pressure on goaltender Henrik Lundqvist, who is one of the best netminders of his generation despite experiencing one of his worst professional seasons in 2016-17. But if anyone is capable of carrying a slumping blue-line group, it's him.

In 116 career playoff games, Lundqvist owns a .921 save percentage and a goals against average of 2.28. If he gets hot at the right time, it might not matter how the defense in front of him performs or who lines up across from him.

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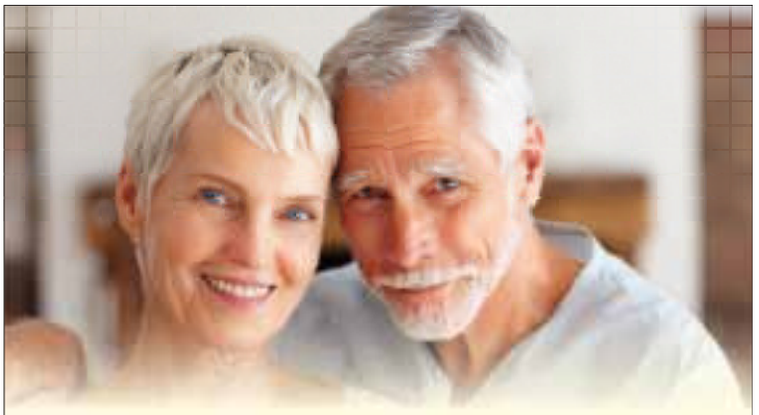

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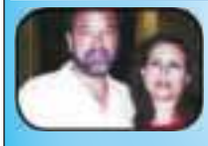

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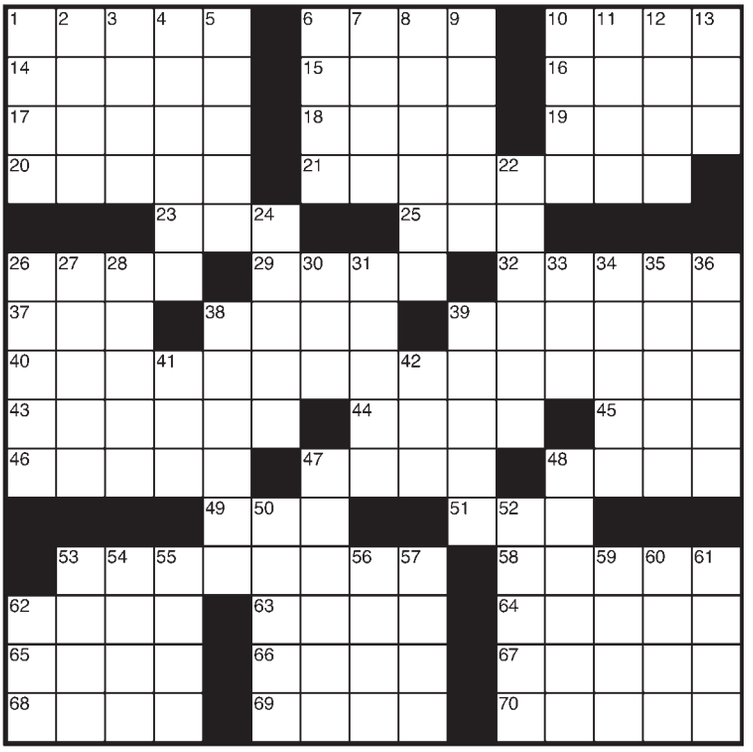
62 Glamorous wraps
63 Cotton unit
64 Neglected, as a garden
65 Argue for
66 Sultan's cousin
67 Ms. Verdugo
68 Consumer gds.
69 Brain part
70 "It Ain't Me Babe" composer

Down

1 Channel-surfs
2 Hunch
3 Techie
4 Crows over
5 Busybody
6 Search high and low
7 Water, in Madrid
8 Baggage porter
9 Bothersome
10 Bangkok native
11 Dice toss
12 Libra's stone
13 Countdown start
22 Suspected
24 FYI notes
26 -- nova
27 Slats
28 Video-game pioneer
30 First name in advice
31 Designer Nina --
33 Motor part
34 Elephant tusk
35 "Great" dogs
36 Do a salon job
38 Most peculiar
39 Helmet plume
41 Jarrett of NASCAR
42 Vast stretch of time
47 Real go-getter
48 Politely
50 Slander's kin
52 Propelled a bireme
53 News
54 Tatters
55 Um-hmm (2 wds.)
56 Insincere
57 Wizened
59 Command to Fido
60 Best or Ferber
61 No-hitter king
62 Kind of steer?



metro.us/sudoku

easy

	5				2			9
				1	9			7
		8	3	4				
			4				9	3
7		3	9	2	8	4		5
9	6				5			
				9	3	8		
2			7	6				
3			8				1	

hard

		5	1				6	
					6			2
	2		4	5			3	
				4	3	1	8	
3		8				7		6
	9	6	2	8				
	5			6	4		9	
7			3					
	6				5	4		

metro.us/horoscopes

Aries A change may be required, but you should look before you leap. Not every opportunity will be as equally beneficial. Question what's being offered.

Taurus Emotions will surface, forcing you to take part in situations that concern you. Voice your opinion, but be sure to have facts to back up your allegations.

Gemini The changes you enforce now will set a standard for what's to come. If you want to bring about greater stability, believe in the quality of your plans.

Cancer An old partner will be your savior if you listen to the warnings being offered. Be cognizant of someone trying to benefit at your expense.

Leo Use your energy wisely and control your emotions in situations that can influence your reputation. Be prepared to make reasonable compromises.

Virgo Get involved in functions that interest you and take part in challenges that will encourage you to work alongside like-minded individuals.

Libra Domestic, personal and joint finances look promising, as long as you don't go over your budget. Common sense will help you avoid stressful financial issues.

Scorpio Communication with someone you deem responsible and hard-working will help you assess your situation and come to terms with what needs to be done.

Sagittarius At networking functions, you will be tempted to make promises you may not be able to keep. Stay focused on what is and isn't doable to avoid embarrassment.

Capricorn Assess your situation and evaluate your relationships with individuals who have behaved erratically. Stay focused on obtaining greater stability in your personal life.

Aquarius Helping others can be healing, but can also lead to you being taken for granted. Set boundaries so you don't wind up resentful.

Pisces What you do for others will be appreciated and reciprocated. Compromise will help you overcome any concerns you have about what's fair. EUGENIA LAST

Yesterday's answers

D	E	A	N		N	A	B	S		K	H	A	K	I
E	L	M	O		E	L	S	A		V	A	L	I	D
P	L	O	T		S	C	A	R		E	M	O	T	E
T	A	K	E	S	T	O		A	R	T	L	E	S	S
			P	I	L	A	F		I	C	E			
O	C	T	A	N	E		L	I	G	H	T	S	U	P
P	R	I	D	E		Y	O	R	E		S	E	L	L
T	U	T		W	E	A	R	I	L	Y		R	T	E
I	S	L	A		K	R	I	S		U	H	U	R	A
C	H	E	C	K	I	N	S		A	R	O	M	A	S
			R	A	N		T	U	F	T	S			
R	A	L	E	I	G	H		S	I	S	T	E	R	S
A	R	E	A	S		A	G	U	E		E	T	A	S
T	I	N	G	E		N	E	A	L		S	N	I	T
A	D	D	E	R		G	O	L	D		S	A	N	S

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